

Michigan Department of Education  
Child and Adult Care Food Program

**Meal Pattern Requirements**

<b>Breakfast</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12 <sup>8</sup></b>
<ul style="list-style-type: none"> <li>• Milk, fluid <sup>1</sup></li> <li>• Vegetable, Fruit or full strength juice <sup>2</sup></li> <li>• Grains/Breads <sup>2</sup> (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or grains</li> </ul>	½ cup ¼ cup  ½ slice ½ serving ¼ cup or ½ oz ¼ cup	¾ cup ½ cup  ½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 cup ½ cup  1 slice 1 serving ¾ cup or 1 oz ½ cup
<p style="text-align: center;"><b>Lunch/Supper</b></p> <ul style="list-style-type: none"> <li>• Milk, fluid <sup>1</sup></li> <li>• Vegetable and/or Fruit (2 or more kinds) <sup>3</sup></li> <li>• Grains/Breads <sup>2</sup> (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cooked cereal grains, pasta, or noodle products</li> <li>Meat or Meat Alternates <sup>2,4</sup> Lean meat, fish or poultry or alternate protein products <sup>6</sup> or cheese or cottage cheese, cheese food, cheese spread or yogurt or egg or cooked dry beans or dry peas or peanut butter, soy nut butter, or other nut or seed butters or peanuts, or soy nuts, tree nuts, or seeds<sup>5</sup></li> </ul>	½ cup ¼ cup total  ½ slice ½ serving ¼ cup  1 oz. 1 oz. 1 oz. 2 oz. (¼ cup) 4 oz. (½ cup) ½ egg ¼ cup 2 Tbsp. ½ oz.	¾ cup ½ cup total  ½ slice ½ serving ¼ cup  1 ½ oz. 1 ½ oz. 1 ½ oz. 3 oz. (¾ cup) 6 oz. (¾ cup) ¾ egg ¾ cup 3 Tbsp. ¾ oz.	1 cup ¾ cup total  1 slice 1 serving ½ cup  2 oz. 2 oz. 2 oz. 4 oz. (½ cup) 8 oz. (1 cup) 1 egg ½ cup 4 Tbsp. 1 oz.
<p style="text-align: center;"><b>Snack</b> <b>(Select 2 of the following 4 components)</b></p> <ul style="list-style-type: none"> <li>• Milk, fluid <sup>1</sup></li> <li>• Vegetable, Fruit or full strength juice <sup>2,7</sup></li> <li>• Grains/Breads <sup>2</sup> (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal grains, pasta, or noodle products</li> <li>Meat or Meat Alternates <sup>2,4</sup> Lean meat, fish or poultry or cheese or cottage cheese, cheese food, cheese spread or yogurt or egg or cooked dry beans or dry peas or peanut butter, soy nut butter, or other nut or seed butters or peanuts, soy nuts, tree nuts, or seeds <sup>5</sup></li> </ul>	½ cup ½ cup  ½ slice ½ serving ¼ cup or ½ oz. ¼ cup  ½ oz. ½ oz. 1 oz. (⅓ cup) 2 oz. (¼ cup) ½ egg ⅓ cup 1 Tbsp. ½ oz.	½ cup ½ cup  ½ slice ½ serving ⅓ cup or ½ oz. ¼ cup  ½ oz. ½ oz. 1 oz. (⅓ cup) 2 oz. (¼ cup) ½ egg ⅓ cup 1 Tbsp. ½ oz.	1 cup ¾ cup  1 slice 1 serving ¾ cup or 1 oz. ½ cup  1 oz. 1 oz. 2 oz. (¼ cup) 4 oz. (½ cup) ½ egg ¼ cup 2 Tbsp. 1 oz.

1 As purchased, fluid, fortified. Two years of age and older must be served fat-free or low-fat milk, fat-free or low fat lactose reduced milk, fat-free or low fat lactose free milk, fat-free or low- fat buttermilk or fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets Michigan and local standards, and may be flavored or unflavored. Whole milk and reduced-fat (2%) milk may not be served to participants under two years of age.

2 Or an equivalent quantity of any combination.

3 Full-strength vegetable or fruit juice may contribute to no more than one-half of this requirement.

4 Cooked lean meat without bone or breading.

5 No more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to meet the requirement.

6 The alternate protein product must contain at least 18% protein by weight when fully hydrated or formulated.

7 Juice may not be served when milk is served as the only other component.

8 Children ages 13-18 must be served minimum or larger portion sizes specified for children 6-12.